

PRP for sacroiliitis: A Review

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Singla V1, Batra YK2, Bharti N3, et al,,: Steroid vs. Platelet-Rich Plasma in Ultrasound-Guided Sacroiliac Joint Injection for Chronic Low Back Pain. Pain Pract. 2017 Jul;17(6):782-791.

ABSTRACT

Singla et al, in 2017 did a Prospective comparative study comparing PRP to steroids for sacroiliitis. Forty patients with chronic low back pain diagnosed with SIJ pathology were randomly allocated into 2 groups. **Group S** received 1.5 mL of methylprednisolone (40 mg/mL) and 1.5 mL of 2% lidocaine with 0.5 mL of saline, while **Group P** received 3 mL of leukocyte-free PRP with 0.5 mL of calcium chloride into ultrasound-guided SIJ injection. Visual analog scale (VAS) scores, Modified Oswestry Disability Questionnaire (MODQ) scores, Short Form (SF-12) Health Survey scores, and complications were evaluated at 2 weeks, 4 weeks, 6 weeks, and 3 months. **Results:** Intensity of pain was significantly lower in **Group P** at 6 weeks ($P = 0.0004$) and 3 months ($P = 0.0002$) as compared to Group S. The efficacy of **steroid injection** was reduced to only **25% at 3 months** in Group S, while it was **90% in Group P**. A strong association was observed in patients receiving PRP and showing a **reduction of VAS \geq 50% from baseline** when other factors were controlled. The **ODI and SF-12 scores** were improved initially for up to 4 weeks but **deteriorated further at 3 months in Group S**, while both the **scores improved gradually for up to 3 months in Group P**. **Conclusion:** The intra-articular PRP injection is an effective treatment modality in low back pain involving SIJ.